

Statistics Report 35154, Salmonberries, raw (Alaska Native)

Report Date: July 16, 2017 05:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	88.21	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Energy	kcal	47	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Energy	kJ	195	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Protein	g	0.85	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Total lipid (fat) 1	g	0.33	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Ash 1	g	0.56	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Carbohydrate, by difference	g	10.05	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Fiber, total dietary	g	1.9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Sugars, total	g	3.66	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.02	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Glucose (dextrose) 1	g	1.90	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Fructose 1	g	1.75	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Lactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Maltose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Galactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Starch 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Minerals													
Calcium, Ca 1	mg	13	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Iron, Fe 1	mg	0.40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Magnesium, Mg 1	mg	15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

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Phosphorus, P 1	mg	27	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Potassium, K 1	mg	110	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Sodium, Na 1	mg	14	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Zinc, Zn 1	mg	0.28	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Copper, Cu 1	mg	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Manganese, Mn 1	mg	1.100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid 1	mg	9.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Thiamin 1	mg	0.041	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Riboflavin 1	mg	0.062	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Niacin 1	mg	0.466	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1	mg	0.167	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-6 1	mg	0.078	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, total 1	µg	17	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folic acid	µg	0	1	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Folate, food 1	µg	17	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, DFE	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Vitamin A, RAE	µg	50	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Carotene, beta 1	µg	277	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Carotene, alpha 1	µg	41	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Cryptoxanthin, beta 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin A, IU	IU	496	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

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Lycopene 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin E (alpha-tocopherol) 1	mg	1.61	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, beta 1	mg	0.06	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, gamma 1	mg	0.37	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, delta 1	mg	0.09	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin K (phylloquinone) 1	µg	14.8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD